

# Activities of Daily Living Choice Board

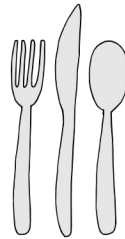
## Bathroom

Make a bathroom schedule with your family. Try to stick with it everyday. Celebrate when you have any success using your bathroom schedule!



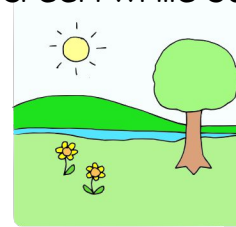
## Eating

Choose 1 thing that your family will work on with you at home for eating. Maybe it is tasting new foods or using certain utensils to eat. Celebrate, even when you try!



## Outside

Go outside with your family. Find and talk about the different things you see like flowers, clouds, or trees. Talk about how important it is to drink lots of water and wear sunscreen while outside.



## Virtual Learning Schedule

Make a schedule with your family for your virtual learning. Decide when you will work, when you will take breaks, and when you will eat lunch.



## Weather & Clothing

Have your family lay out two sets of outfits. Choose the outfit that is best to match the weather for the day. Do you need anything else, like an umbrella or hat?



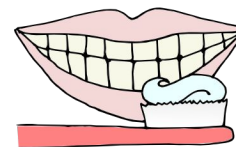
## Personal Information

Pick one piece of personal information that you need to work on (name, parents name, address, phone number) and practice it with your family.



## Brushing Teeth

Practice doing one step of brushing your teeth by yourself. Can you add the toothpaste? Or wet your toothbrush? Add more steps as you become successful.



## Grocery List

Help your family create a grocery list. What is your favorite food that hope to get? What healthy foods do you eat?



# Activities of Daily Living Choice Board

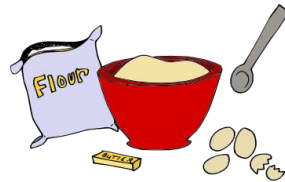
## Community Signs

With your family, go outside or take a drive. Point out signs you see and what they mean. Talk about how important it is to follow signs in our community to keep everyone safe.



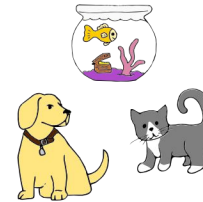
## Cooking & Measuring

Help someone in your house cook by pouring the ingredients in or stirring them. Talk with them about measurements in cooking.



## Taking Care of a Pet

Can you help take care of your pet? You can feed them or fill up their water. If you don't have a pet, can you pretend to bathe or brush a stuffed animal.



## Sorting Laundry

Help someone in your house sort the laundry. Separate light colors and dark colors into two piles.



## Hand Washing

Hand washing is important more now than ever. Practice the steps of washing your hands. Can you do any steps by yourself?



## Mail

Help someone to check the mail. Point to the stamp on the mail. Talk about how mail travels around the world to different places.



## Chores

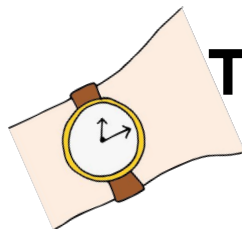
Have someone in your house give you a chore to help with. Can you put away your socks? Put the towels back where they belong? How can you help?



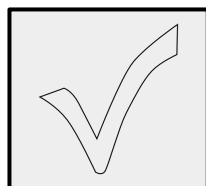
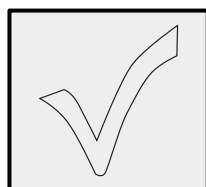
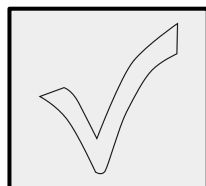
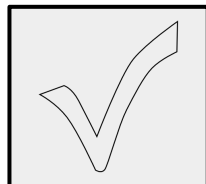
## Sort Groceries

When you get groceries, help to sort the groceries into the items that need to go in the refrigerator and those that need to go in the pantry.





## Time to Potty



**YOU DID IT!!**

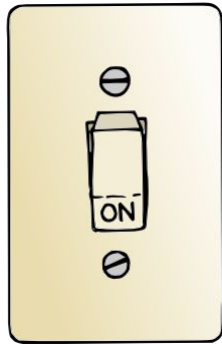


## I can go to the bathroom.

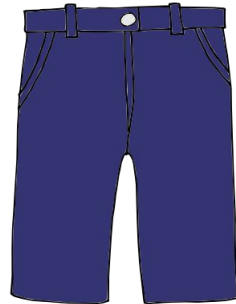


1. Turn lights on.
2. Pull down pants.
3. Pull down underwear.
4. Sit on toilet.
5. Wipe when finished.
6. Pull up underwear.
7. Pull up pants.
8. Flush toilet.
9. Wash hands.
10. Dry hands.
11. Turn lights off.

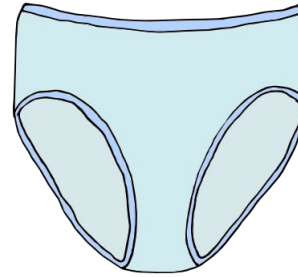
# I can go to the bathroom.



1. Turn lights on.



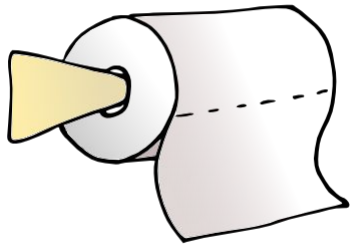
2. Pull down pants.



3. Pull down underwear.



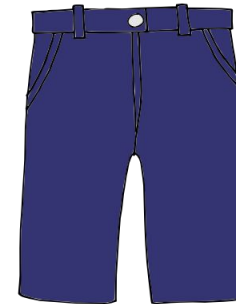
4. Sit on toilet.



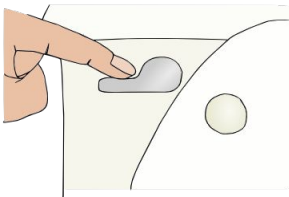
5. Wipe when finished.



6. Pull up underwear.



7. Pull up pants.



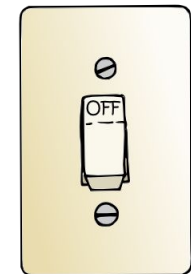
8. Flush toilet.



9. Wash hands.



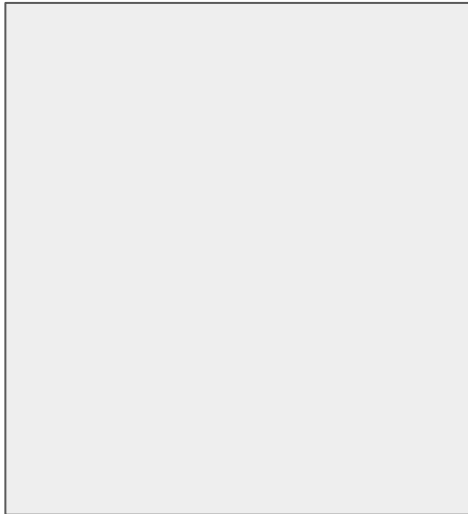
10. Dry hands.



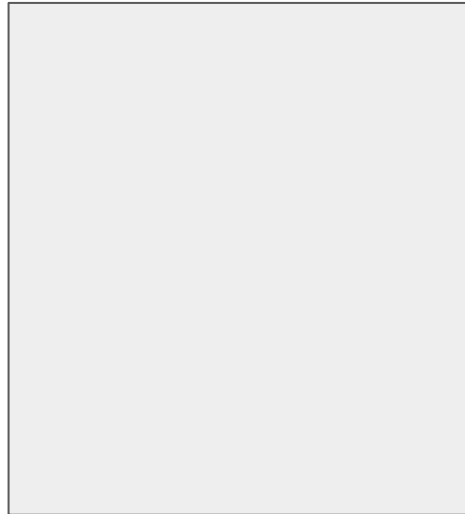
11. Turn lights off.

# Virtual Learning Schedule

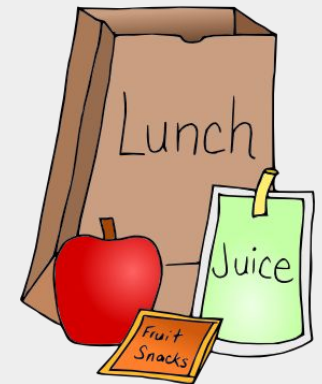
## First



## Then



break



lunch



work



work

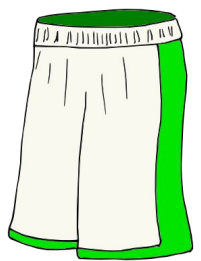
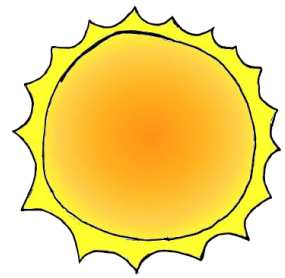
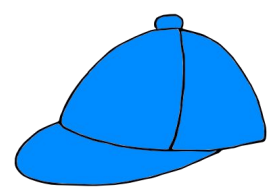
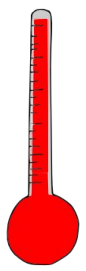


work

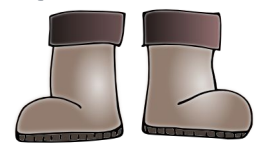
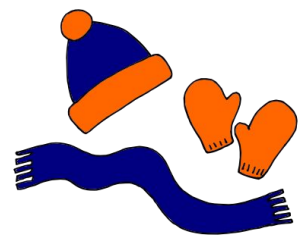
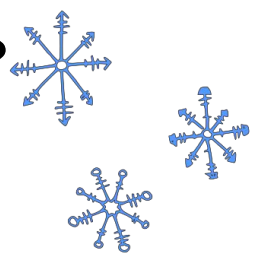


work

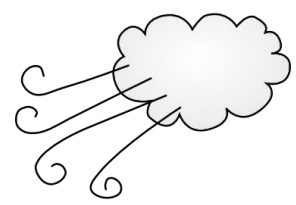
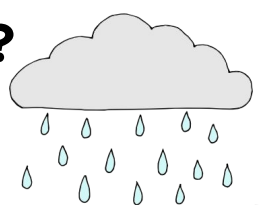
Temperature: HOT



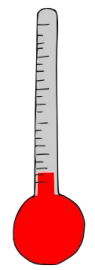
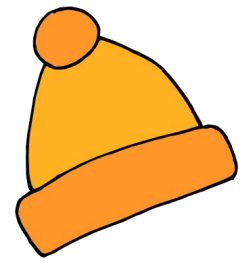
Is it freezing?



Is it raining?



Temperature: COLD





My name is



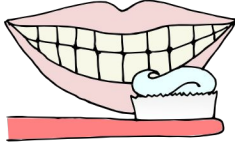
My phone  
number is



My address is



**I can brush my  
teeth.**



1. Get toothbrush.
2. Open  
toothpaste.
3. Put toothpaste  
on toothbrush.
4. Brush all teeth.
5. Rinse mouth.
6. Rinse  
toothbrush.
7. Put away  
toothbrush and  
toothpaste.



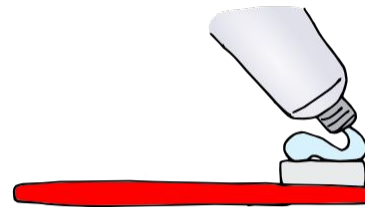
# I can brush my teeth.



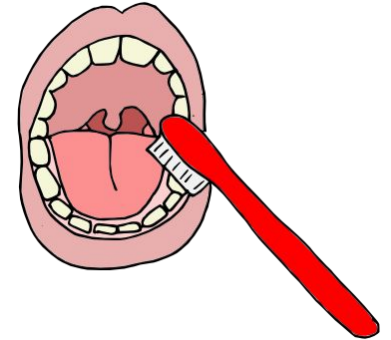
1. Get toothbrush.



2. Open toothpaste.



3. Put toothpaste on toothbrush.



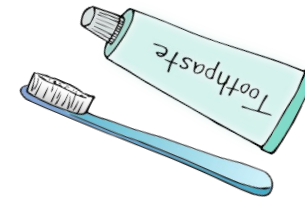
4. Brush all teeth.



5. Rinse mouth.

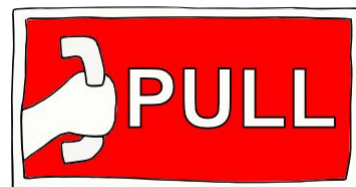
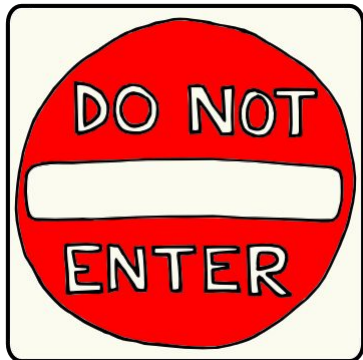
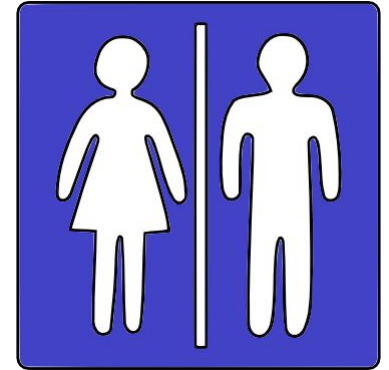


6. Rinse toothbrush.



7. Put away toothbrush and toothpaste.

# Community Signs



## Sort Laundry

### Light Clothes



### Dark Clothes

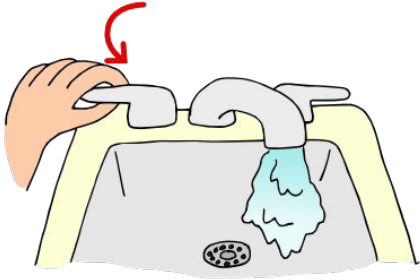


**I can wash my  
hands.**



1. Turn on water.
2. Get soap.
3. Scrub hands.
4. Rinse hands.
5. Turn off water.
6. Dry hands.

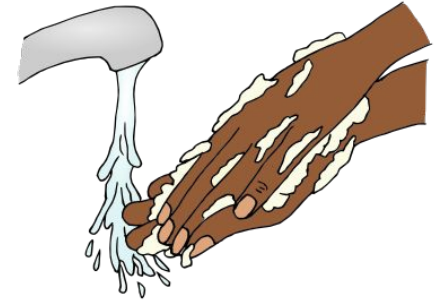
# I can wash my hands.



1. Turn on water.



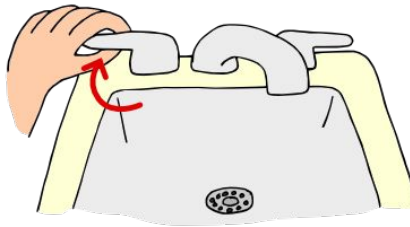
2. Get soap.



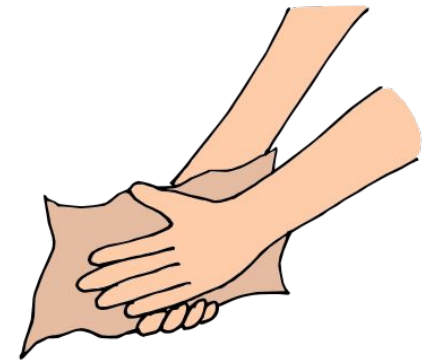
3. Scrub hands.



4. Rinse hands.



5. Turn off water.



6. Dry hands.

# Pantry



# Refrigerator

